

Black Bean Vegetable Wrap

Makes: 50 Servings

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Ingredients	Weight	Measure
Black Beans, rinsed and drained	1 # 10 oz can	3 qt
Brown rice, cooked, cooled		3 qt
Cheese, shredded	25 oz	
Carrots, shredded	1 1/2 lb	1 1/2 qt
Lettuce salad, shredded	1 1/2 lb	1 1/2 qt
Coleslaw mix	1 1/2 lb	1 1/2 qt
Ranch dressing		1 1/2 cup
Salsa		

Nutrition Information

Meal Components

Meat / Meat Alternate 1 ounce

Tortillas, whole-wheat flour, 8 inch	50
Tomato, slices	50

Directions

1. In a large bowl, combine beans, rice, cheese, carrots, lettuce and cabbage. Mix dressing and salsa in a small bowl. Toss with vegetable mix.
2. Place 3/4 cup bean mixture on each tortilla. Top with tomato slice and roll up. Secure with toothpicks, slice in half.
3. Refrigerate, serve cold.

Source: Northarvest Bean Growers Association